



STAFF WORKOUT

STEPHEN

JACKED FROST WORKOUT



Super Sets: Do 2 exercises back-to-back with little to no rest. At the end of each set, rest 90 seconds. Repeat 3-4x. Choose a weight that is challenging and that you can stay in control of.

Barbell Hip Thrust: 8-10 Reps

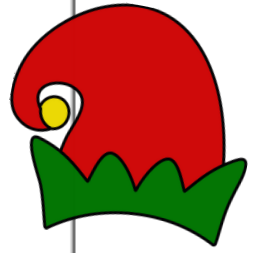
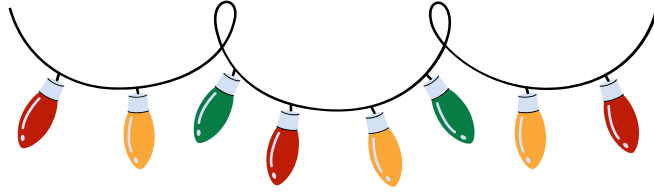


Bodyweight Bulgarian Split Squat: 12-15 Reps each

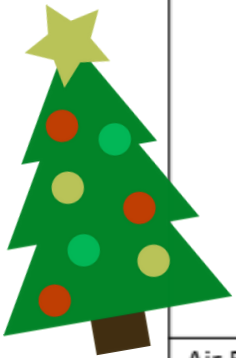


Bodyweight Pull Ups: 5-10





Dumbbell Lateral Raise: 12-15 Reps



Air Bike: 1 mile or 3 minutes

